

# ZINC

Zinc is an essential element that is found in mineral deposits in earth's crust (usually with copper and lead) from which zinc is then extracted.

The amount of zinc in plants depends on levels of the element in soil.

Small traces of zinc are also found in ocean water.

## Why do we need zinc?

- for growth and making new cells
- wound healing
- for a strong immune system and to fight infections
- healthy vision
- for carbohydrate metabolism
- male reproductive health (promotes prostate health and normal sperm count)

## ZINC DEFICIENCY

- skin problems
- hair loss
- weak immune system (slow wound healing, recurrent colds)
- fatigue
- impaired vision

infants 0-6 months	2 mg/day
infants 7-12 months	3 mg/day
children 1-3 yrs	3 mg/day
children 4-8 yrs	5 mg/day
children 9-13 yrs	8 mg/day
<u>males</u> 14+ yr	11 mg/day
<u>females</u> 14+ yr pregnancy	8 mg/day 11 mg/day

!! Taking high doses of zinc reduces the copper level your body absorbs.

Do NOT exceed 25mg zinc/day.

!! Routine supplementation with zinc is NOT recommended!

## FOODS RICH IN ZINC

- seeds and seed butters are zinc superstars!
- 2 tbsp tahini=2.8mg
- 2 tbsp pumpkin seeds=2.1mg
- 1 cup cooked oatmeal=1.5mg
- 100g tempeh=3.3 mg zinc
- 1/4 cup wheat germ=3.3mg zinc

## ZINC-RICH SNACKS

- whole-grain bread with hummus
- 1/2 cup mixed raw nuts
- chia pudding

*Non-vegan sources: Oysters get zinc from sea water, however, the content of zinc in oysters depend of the zinc concentration of the water they grow.*

*Red meat and chicken contain zinc because supplements are added to their feeds or via the grass they consume.*

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